

A day in the life of 1-4th ADA soldiers

Commentary by Capt. Wayne F. Rush
1st Battalion, 4th Air Defense Artillery

The day begins early for Soldiers of 1-4th Air Defense Artillery as they continue the vital mission of providing force protection for the Baghdad International Airport, or BIAP.

Be they vigilant at a checkpoint, preparing breakfast or conducting physical training in preparation for their missions, most 1-4th ADA Soldiers are up at the break of day. Immediately after Physical Training the oncoming force providers conduct their guard mount, reviewing situational vignettes and a brief on the latest intelligence.

Multitasking mission

While soldiers on checkpoint execute the force protection mission, others play supporting roles. Maintenance is still conducted to Army standards as equipment and crews are tested to new limits.

The fight to keep vehicles and equipment ready is constant. Mechanics roll out to checkpoints to fix equipment on the spot or bring it back to the compound for major repair work.

The battalion's motor pool is always humming with activity by day or night as recovery operations continue until the deadline vehicles are back in the fight.

Along with the fight to maintain vehicles and equipment is the fight to sustain force providers. From ice deliveries shuttled to each checkpoint to hot chow twice daily, logisticians do their best to support

Soldiers on point. In the event of an emergency medics are continually ready to respond to any accident or casualty within minutes of receiving the call.

All of these various specialties allow the battalion to execute daring deeds daily. For Soldiers not on checkpoint, their duties continue in preparation for the next mission.

Coming off checkpoint after their 24-hour duty, force providers are given that day to sleep, recover and conduct personal hygiene. Most sack out in their quarters immediately after getting off checkpoint, others write letters, try to call home or email a message.

After their slumber Soldiers work out on make-shift, weight-lifting equipment, conduct personal or team PT or play games to escape BIAP for a few moments.

Oncoming force providers roll out to the BIAP checkpoints in their Avenger and Stinger trucks to relieve the outgoing shift that just completed its 24-hour shift. Each checkpoint manages the traffic flow onto and off of the airport to ensure unauthorized individuals do not breach the perimeter.

Soldiers interact with a multitude of visitors daily including civilian contractors, military convoys and residents stopping by with queries.

At the busiest checkpoints, interpreters allow Soldiers to communicate with the Iraqi people. These interpreters live at the airport in the Airport Village. Many were white-collar professionals before the war and are now employed by coalition forces.



Photo by Sgt. Casey Cooper

On point for the nation — a typical busy day at the main checkpoint into the Baghdad International Airport.

As the traffic volume increases from 9 a.m. onward, so too do the soaring temperatures, reaching 110 degrees in the shade and upwards of 130 degrees in a tracked vehicle's turret. Along with the natural heat, throughout the day a range of situations arise. A long day has just begun on point for the nation.

Checkpoint locations are diverse, but the mission is the same at every one: to secure the perimeter of BIAP against all external threats.

Backing up Soldiers on the checkpoints are the multiple Quick Reaction Forces positioned throughout BIAP.

These forces conduct mounted and dismounted presence patrols

in the two villages within the airport perimeter.

Some patrols are random; others respond to external threats during the day and at night. The majority of Iraqis encountered on the presence patrols are friendly and grateful to be rid of Saddam's thugs. Every BSFV, Avenger or Stinger truck QRF is ready to react to any situation in five minutes or less.

Day's end, new start

As the daylight fades the shift is only half over for Soldiers on checkpoint. Stubbornly the outside temperature drops a few degrees on the thermometer as night sets in. The

incessant mosquitoes take their toll just as the daylight heat wave wanes.

Searching, detaining noncomplying individuals, and helping Iraqis with questions or concerns — all of these situations are encountered daily on checkpoint.

Curfew for non-military people begins at 11 p.m. and ends at 4 a.m. Those breaking the curfew could be detained and taken to the Enemy Prisoner of War camp on BIAP.

The vigilant Soldiers on checkpoint are at their most alert during these quiet hours, so most nights pass by without incident.

The morning sun arises and another "By Daring Deeds" day starts anew.

1-4th ADA controls Baghdad International

By Patricia Simoes
221st Base Support Battalion
Public Affairs Office

Settled in an ornate former Saddam Hussein guesthouse in the Radwaniyah Palace complex, the soldiers of Wackernheim's 1-4th Air Defense Artillery perform an untraditional mission surrounded by Navy SEALs, Delta Force and Special Forces Soldiers.

"We are doing everything but air defense artillery," said Lt. Col. Jenks Reid, 1-4th ADA commander. "We provide force protection for Baghdad International Airport — all entry control points, observation posts all around the perimeter, mounted and dismounted patrols in and outside BIAP. We also provide convoy security for Division Support Command and personal security for several high-ranking

VIPs."

Considering there is no need for air defense artillery, this is a good mission, he said.

"I'm very proud of it," he said. "We have the right weapons systems and the right training to do this."

The Soldiers don't mind the untraditional mission.

"If we were shooting at planes, we would have a problem," said Pfc. Stephen Dwyer.

Part of the unit's area of responsibility is Airport Village, an Iraqi community of almost 2,000 people within the Baghdad International Airport area. The people used to work either for the airport or for the palace complex. Now working for the American government, the community is getting help with its schools, security and medical fa-

cilities to name a few.

"I've never come through a hostile situation here," Dwyer said while manning the control point by the village. "The hostility happens outside when we are on patrol."

At that control point Soldiers see the same people and vehicles often.

"There is a family that brings us dinner sometimes," he said. "It's a nice break from the DFAC."

Teams rotate control points, and the batteries also rotate duties so Soldiers don't do the same job too long risking becoming complacent.

Dwyer's favorite duty is being in the Bradley hatch where he doesn't have to wear the heavy plated vest, and his least favorite is checkpoint seven because it's too dusty. "You choke dirt all day," he said.



Photo by Patricia Simoes

Pfc. Stephen Dwyer inspects a vehicle near the Airport Village checkpoint on Baghdad International Airport.



Photo by Patricia Simoes

Staff Sgt. Jerome Jackson (left), assigned to the 1st Battalion, 4th Air Defense Artillery headquartered at Wackernheim, gets his PCS paperwork in order to prepare to leave Baghdad for Fort Bliss, Texas. While serving with his unit in Iraq Jackson received the Army Commendation Medal with "V" device for his actions while controlling a checkpoint at Baghdad International Airport. His actions saved the lives of two 10th Mountain Division soldiers.

Soldier leaves Iraq as hero

By Patricia Simoes
221st Base Support Battalion
Public Affairs Office

Staff Sgt. Jerome Jackson was going to wait until his return from Iraq to tell his family about his service in support of Operation Iraqi Freedom.

But after receiving the Army Commendation Medal with "V" device for valor, he figured he would have to give the family a heads up before the story hit the hometown papers via the Hometown News Service.

According to his company commander, Jackson was guarding one of the Baghdad International Airport control points when an armed intruder tried to attack the Soldiers from behind.

Jackson saw the intruder before he could launch a surprise attack and rallied the Soldiers who were in their rest cycle to maximize firepower while attempting to detain the individual.

Jackson was able to return fire immediately after the checkpoint came under attack, providing cover for a Soldier in the open. He kept the headquarters informed, allowing battery headquarters to dispatch additional support.

His knowledge of emergency medical procedures allowed him to render first aid to two Soldiers of the 10th Mountain Division Quick Reaction Force who responded to the situation stopping the potentially life or limb threatening bleeding of both Soldiers.

"A lot is going on in your mind making sure no one is injured."
— Staff Sgt. Jerome Jackson

"A lot is going on in your mind making sure no one is injured," he said. "The hardest part is knowing that you have to be out there again the day after."

Jackson, who is moving to Fort Bliss, Texas, has been with the unit for three years and will miss the friendships, he said.

"I hate to leave, but it's time to go. When I get there, I will be thinking about these guys."



Members of Wiesbaden's 159th Medical Company help Soldiers after a convoy accident outside of Baghdad.

Wiesbaden unit saves lives in bombing aftermath

Story and photos by
Patricia Simoes
221st Base Support Battalion
Public Affairs Office

Wiesbaden's 159th Medical Company, part of the 421st Medical Evacuation Battalion, has moved seven times and has flown almost 1,900 missions since it arrived in Iraq in early March. But one place, and one mission, will come to mind first when members of the unit look back at their work in support of Operation Iraqi Freedom.

When a bomb-laden truck exploded in the U.N. headquarters compound in Baghdad on Aug. 19, the unit got a call.

"We got a call around 16:30 saying 'bomb at U.N. exploded' — that was it," said Staff Sgt. Eric Hartman, a medic with the unit. "We were coming back from a mission and got to the U.N. six minutes after the call came in."

"When we saw the people and the damage, we called back to the unit, and in 20 minutes we had five other aircraft there. We had two more come from Tikrit and three Air Force aircraft there within one hour," he said.

Spc. Jason Bierman was off duty when the call came in. When he heard about what happened, he suited up and went off.

"We were one of the last aircraft to arrive, and when we flew over it didn't look that bad," he said. "But going in was over-



Medical personnel assigned to the 159th Medical Evacuation Company head up in a UH-60 after receiving word of a convoy accident outside of Baghdad, Iraq.

whelming — all the people, working on them, seeing the damage — you don't think about it while you are working it — it hits you later on." The unit transported a total of 37 patients, he said.

There were a lot of soldiers pulling security, and as soon as the aircraft landed they started

"Somebody said there was a person trapped in rubble, and I spent the next three and a half hours working on that. Turned out there were two people there." — Staff Sgt. Eric Hartman

taking people to two Combat Support hospitals and six Forward Surgical Teams, Hartman said. The unit spent about five hours doing that.

When Hartman landed, the Military Police took him inside. The victims were in a courtyard, and civilians were doing triage.

"Somebody said there was a person trapped in rubble, and I spent the next three and a half hours working on that," he said. "Turned out

there were two people there."

One of them was Sergio Vieira de Mello, the U.N. special representative to Iraq.

"The sad thing is that it didn't matter what we did, we couldn't get to them," said Spc. Douglas Holm, a crew chief. "At about 18:30 Sergio had quit talking, but around 19:00-19:30 we pulled the other person out, and we think he made it — he was sent to Landstuhl alive."

"Sergio, we found out late at night who he was," he said. "We would have done the same for anybody."

"It was our biggest mission — the most physically and mentally demanding days I've ever had," Hartman said. "If it wasn't for the crews getting together and helping one another, it would have been tough — we have a tight group around here."

Vieira de Mello was one of 22 people who died in the bombing. About 100 people were injured.

Various religious services offered in Balad



Soldiers sing a song of praise during a Gospel service at the 3rd Corps Support Command chapel at Logistical Support Area Anaconda in Balad, Iraq.

Story and photos by
Patricia Simoes

221st Base Support Battalion Public Affairs Office

From Muslim Soldiers to Catholic Soldiers who prefer attending Mass in Spanish, troops serving in Balad, Iraq, have access to a variety of religious services and activities of which Gospel seems to be the favorite.

The Gospel service is held in a giant Morale, Welfare and Recreation movie theater tent where a crowd of about 400 troops gather to sing and celebrate.

"The Gospel service started really small by where the outdoor movie theater will be, then it moved to the small chapel, and then to one of the big MWR tents," said Spc. Peter Seites, a Wiesbaden 3rd Corps Support Command supply clerk.

"It's a good service and Soldiers' interest is genuine, or they wouldn't sit there for two hours," said Sgt. Thomas Hartwell, a vehicle mechanic in the same unit. "When I'm in Wiesbaden I'm a Sunday school teacher and usually go to the Protestant service, but I often go to Gospel too after."

In another air conditioned tent, a much smaller one, with the noise of trucks and helicopters nearby, the Catholic chaplain, Capt. Marian Piekarczyk, celebrates Mass.

"I feel that I'm needed," said Piekarczyk who flies to Balad from Fallujah every weekend to celebrate Mass Saturdays and Sundays. "I feel very privileged."

Before and after Mass he is available to talk to Soldiers and to hear confession while his assistant, Spc. William Tyson, prepares the reading materials, checks the sound

system and sets up the altar.

"He (Tyson) is my best friend — he has the weapon," the Polish native said giggling.

Most soldiers who look for him before and after Mass want to talk about missing family, wanting to go deeper into religious studies and also about problems back home, he said.

The Protestant services also take place in the smaller tent where about a dozen soldiers lead the hymns accompanied by three guitars.

Chaplain (Lt. Col.) Randall Dolinger prayed for the health, hearts and happiness of the wives, husbands, children and families.

"Lord, that when harvest comes — when we go home — that all the sorrow be paid back doubled in time with family," he prayed.

Dolinger also talked about how long time neglect can ruin a marriage and the importance of writing home. Even though there seems to be no urgency or deadlines in relationship issues, people have to make it a priority.

"You may think it's unfair to talk about this while we are deployed, but you have to eliminate weeds even from here," he said. "No, you can't go home right now, but you can write emails and letters and be present in that way — marriage failures are about neglect — it's about what you didn't do."

Services and activities available in Balad include Bible study, Muslim, Jewish, Protestant, Catholic, Catholic Mass in Spanish, Episcopal, Lutheran and Gospel services.

Freedom Rest R&R site opens for business

Story and photo by Sgt.
Christopher Stanis
1st Armored Division Public
Affairs Office

The ribbon was cut for the grand opening of Task Force 1st Armored Division's Freedom Rest recreational center during a ceremony Oct. 17 in Baghdad.

Thousands of Soldiers have spent the last six months or more in Iraq and many have at least as long to go. Many are at the point of

receiving two weeks of leave to go home, stateside or to Germany. Others are getting the opportunity to go for a week of rest and relaxation in Qatar.

While there are options for R&R, not every Soldier in TF 1AD will have an opportunity to take advantage of these options. That was the motive behind Freedom Rest, a project passed down to the division from Coalition Joint Task Force-7.

"It's our commanding general's desire that everybody have the opportunity to do something," said Lt. Col. Dennis Slagter, 1st ADG-1 (Personnel) officer. "And we know that we can't get all of our Soldiers on R&R leave, or all of our Soldiers to Qatar, so this recreation center bridges that gap."

The former Republican Guard Officers Club offers Soldiers three days and two nights to get away from the action with facilities that include a fitness center, swimming pool, game room, Internet cafe, TV and movie room, indoor and outdoor movie theaters, outdoor basketball, tennis and volleyball courts, and a flag football and soccer field.

Additionally, Slagter said, commercial-grade linens and wall lockers were purchased to give Soldiers

as close to a real hotel experience as possible in the bunk bedded six-to-eight-person rooms.

"I think it's a great place," said Pfc. Lydia Flores, a supply specialist with Headquarters and Headquarters Company, 1st Battalion, 501st Aviation Regiment. "It's a lot nicer than we expected it to be."

Flores was among the first group of Soldiers to check in to hotel.

She said as great as Freedom Rest is, a few more days off and a "Class Six" (alcoholic beverage) favorite would make it perfect.

Because these Soldiers remain in country, their absence from their units does not count against the total force required to sustain operations — 90 percent strength, Slagter said. That means more Soldiers can be sent at a time.

The facility can currently house 90 Soldiers every three days, approximately 1,100 a month. But that's just the beginning.

"We hope to grow that to about 150 per stay in the next 30 days," Slagter said.

Slagter said the assets used to get Freedom Rest up and running is representative of the whole task force.

"We used Iraqi vendors, Iraqi construction workers, National Guard construction workers, U.S. Army Soldiers, and even contracted civilians to bring this facility and its programs together," he said. "And we did it in record time — 45 days from start to finish."



Capt. Daniel Lowther, right, and Sgt. 1st Class Steven McCormick try out the Freedom Rest buffet during grand opening celebrations Oct. 19.

Community news notes

'Murder By Membership Only'

Students at Wiesbaden's Gen. H.H. Arnold High School present their production of the drama, "Murder By Membership Only," Nov. 6 and 7 at 7 p.m. in the school auditorium. Tickets go on sale at 6 p.m. at the door.

Saturday APO hours

Both the Community Mailroom and Army Post Office will be open Saturdays, Nov. 1, 15, 22 and Dec. 6, 13 and 20 from 9 a.m. to 1 p.m. Regular APO hours at Wiesbaden Army Airfield are 10 a.m. to 4 p.m. Monday to Wednesday and Friday, and from noon to 6 p.m. Thursday. The McCully Barracks APO is open every Tuesday, Wednesday and Friday from 10 a.m. to 2 p.m., and the Dexheim APO is open every Monday, Wednesday and Friday from 10 a.m. to 2 p.m.

Girl Scout party

The Wiesbaden area Girl Scouts host a Girl Scout Birthday party at the Taunus Movie Theater Oct. 31 from 1-4 p.m. All Girl Scouts are invited to attend and bring a guest. Girls between the age of 5-17 who want more information on becoming Girl Scouts can also attend. Cost



is \$4 which includes a movie, popcorn and drink. For more information or reservations call civ (06123) 899593.

X-ray service available

Parents who are suspicious of candy received during trick or treat Halloween night can stop by the Wiesbaden Army Airfield Health Clinic to have candy X-rayed free of charge from 5-9 p.m.

Parent teacher conferences

Parents of school-aged children are encouraged to attend parent-teacher conferences for the first quarter of the school year. Conferences will be held Nov. 13-14 at Aukamm Elementary School from 8 a.m. to 3 p.m.; Hainerberg Elementary School from 7:45 a.m. to 3:15 p.m.; and Dexheim Elementary School from 8 a.m. to 3 p.m. Conferences at Wiesbaden Middle School and Gen. H.H. Arnold High School will be held Nov. 14 from 8 a.m. to 3 p.m.

Holiday greetings

Although the Hometown News Service didn't make a trip to Wiesbaden to video tape holiday messages for families in the United States, Soldiers and civilians still have an opportunity to get holiday greetings to their families

back home. Print greetings are available for your hometown newspapers. You do not need to know the name or address of your paper, just stop by the 221st Base Support Battalion Public Affairs Office in Room 215 at the Welcome Center and complete a form. All holiday greeting forms must be completed and submitted to the PAO office by Nov. 20. For more information call mil 337-5772 or civ (0611) 705-5772.

Help wanted

The 221st Base Support Battalion Equal Opportunity Office seeks volunteers for their Native American Special Emphasis Committee. Share your knowledge or passion of Native American culture with other people. Meetings are held every Tuesday at 9 a.m. on Wiesbaden Army Airfield. Call mil 337-5897 or civ (0611) 705-5897 for more information.

DA photos not available

Because of annual leave the Training and Support Center photographer will not be available Nov. 20-26. Those who need DA photos should make arrangements for photos to be taken at another time. For more information call mil 337-5006

or civ (0611) 705-5006.

Halloween activities

The Army and Air Force Exchange Service hosts Fright Night at Mainz Kastel Oct. 31. Enjoy a haunted house, jack-o'-lantern contest and haunted hay ride from 7-9 p.m. All AAFES facilities at Mainz-Kastel will remain open until 10 p.m.

The Better Opportunities for Single Soldiers program will host a Haunted House at Virginia Strasse 5 in Hainerberg Housing Oct. 28 from 6:30-8:30 p.m. and Oct. 29-31 from 6:30-9:30 p.m. Admission is \$4 for adults, \$3 for children.

The 221st Base Support Battalion chapels hosts Hallelujah Night Oct. 31 from 5-7 p.m. at the Gen. H.H. Arnold High School gym. This is an alternative to trick or treat for children up to 11 years old. Although children are welcome to wear costumes, no scary costumes will be permitted. Cost of the event is 2 bags of candy per family. For more information call civ (0611) 5657181.

Rothenburg trip

Join the Kontakt Club for a guided tour of the fortified city of Rothenburg Dec. 13. Cost is 30 Euro for adults and 25 Euro for children. Call mil 337-5772 or civ (0160) 612

3911 or (0160) 655 5976.

BOSS meetings

Better Opportunities for Single Soldiers meets the first and third Thursday of each month in Room 210 at the Welcome Center at Wiesbaden Army Airfield.

Thanksgiving luncheon

The Wiesbaden Community Spouses Club will host a Thanksgiving luncheon at the Community Activities Center Nov. 19 at 11:30 a.m. A traditional Thanksgiving dinner will be served. For reservations call civ (06122) 586 550 (names beginning with A-L) or civ (0611) 710 7644 (names beginning with M-Z).

Local info available

Tune into the 221st Base Support Battalion Community Information Network. This channel is available to all TKS cable subscribers in Hainerberg, Aukamm, Crestview, Wiesbaden Army Airfield, McCully Barracks, Mainz-Kastel, Mainz-Finthen and Anderson Barracks. Televisions not already receiving the channel must be programmed to search for the channel in order to receive it. Call mil 337-5772 or civ (0611) 705-5772 to learn more.

BCSC luncheon

The Baumholder Community Spouses Club holds a luncheon Nov. 19 from 11:30 a.m. to 1 p.m. at the Rheinlander. There will be a free lunch and movie for all members. RSVPs are required and may be made via email to cher.lim@us.army.mil For more information call civ (06783) 999 2928.

Thrift shop

The Baumholder Community Spouses Club Thrift Shop is expanding. They now accept large items such as furniture for their downstairs room.

The Thrift Shop is in Building 8544 across the street from the Baumholder Post Exchange.

Opening hours are Mondays, Tuesdays and Fridays from 10 a.m. to 2 p.m. and Thursdays from 10 a.m. to 5 p.m. Consignment hours are Mondays, Tuesdays and Fridays from 11 a.m. to 1 p.m. and Thursdays from 11 a.m. to 1 p.m. and 2-4 p.m.

The Thrift Shop also purchases used transformers that are in good condition. Call first. While at the Thrift Shop check out their antique corner and handmade crafts corner.

For more information call Tammy Davis, Thrift Shop manager, at civ (06783) 6-6653 or mil 485-6653.

Turkey shoot

Rolling Hills Golf Course holds a scramble-format turkey shoot Nov. 15 starting 9 a.m. The entry fee is \$25 and nonmembers pay a greens fee. The sign up deadline for teams and individuals is Nov. 12. To participate visit the Rolling Hills Golf Course Pro Shop. For more information call mil 485-6172.

It's bazaar time

The Baumholder Morale, Welfare and Recreation fall bazaar is just around the corner. Shoppers are sure to find anything their hearts desire such as antiques, wines, toys and many different gift items. Stop by Baumholder's Hall of Champions on Smith Barracks Nov. 21-22 from 10 a.m. to 8 p.m. or Nov. 23 from 11 a.m. to 6 p.m. and visit vendors from all over Europe.

Bazaar needs help

The third annual Morale, Welfare and Recreation Holiday Bazaar is just around the corner, and volunteers are needed. This year's bazaar will be held at the Hall of Champions Nov. 21-23. MWR is looking for a few individuals to be greeters, vendor assistants and hospitality. If you are interested in helping call mil 485-8779 or 6565 for more information.

November trips

Baumholder Outdoor Recreation is offering trips for young and old

Post notes



Photo by Sabine Klag

New appointment system at clinic

Inge Arimond, an employee at the Baumholder Clinic's central appointments desk, assists a caller using the new phone system that significantly streamlines the clinic's appointment system. Two of the appointment numbers have been removed and the only one that customers need to call to make appointments is mil 485-8080. This is one of the numbers that has always been available for appointments; however, free of charge the new phone system will tell them what number they are in line to be served and the clerks will help them in order. The clerk will need to punch in a sponsor's Social Security number, so have it available when calling. The SS number pulls up the patient's screen on the computer for the clerk, thereby saving time.

throughout November. Scheduled trips include:

- Nov. 1, 22, Frankfurt Zoo
- Nov. 6, 20, IKEA shopping
- Nov. 7-10, Veterans' Day ski trip
- Nov. 8, Saarbrücken flea market
- Nov. 14-15, Polish pottery shopping
- Nov. 15, CentrO Mall
- Nov. 22, Luxembourg flea market
- Nov. 26-30, Thanksgiving ski trip
- Nov. 28, Trier Christmas market.

Outdoor Recreation is located in Building 8895 next to the Rolling Hills Golf Club and is open Mondays through Fridays from 11 a.m. to 8 p.m. and closed Saturdays and Sundays. On holidays Outdoor Rec is open from noon to 5 p.m. For more information call mil 485-7182 or civ (06783) 6-7182.

Job openings

Baumholder Community Youth Services has positions open for child and youth program assis-

stants to work with infants through teens. Starting salary is \$8.20 per hour and is based on experience. Free training and advancement opportunities are available. If you are interested in applying call mil 485-6566.

Personal trainer

Want to make sure your workout is the best way to get results? Consult the Baumholder Personal Trainer. She will walk you through the correct way to do the moves and what will work best for the results you wish to achieve. For more information call civ (06783) 186 426.

Winter sports

Winter sports registration is going on now. Get your youth signed up today for some basketball competition. Cheerleading signups are going on now as well. For more information call mil 485-7276.

New aerobics

Baumholder Sports and Fitness will be offering new aerobics classes on Smith, Neubrück and Wetzels caserns. Classes are 12 for \$25 and

all fees must be paid to the instructor. The class schedule is as follows:

Strassburg Gym, Mondays, Wednesdays and Fridays, 9 a.m.
Mountaineer Gym, Tuesdays and Thursdays, 9 a.m.

Hall of Champions, Mondays through Fridays, 4:45 p.m.

Neubrück Gym, Tuesdays and Thursdays, 1 p.m., Saturdays, 9 a.m.

Polish pottery

Get on the express shopping trip to Poland and pick up some Polish pottery. The cost is \$75 for adults and \$55 for children. Make reservations one week in advance. Trips are scheduled for Nov. 14-15 and Dec. 12-13.

Frankfurt Zoo

There is still time for a day trip to the Frankfurt Zoo. The cost is \$35 for adults and \$25 for children. The next trips are Nov. 1, Nov. 22 and Jan. 17.

Flea markets

You can find antiques, furniture and souvenirs galore by joining Outdoor Rec on flea market excursions.

The cost is \$35 for adults and \$15 for children. Trips are scheduled to the Saarbrücken flea market Nov. 8 and the Luxemburg flea market Nov. 22.

Mall experience

You can have an American mall experience at CentrO Mall. The cost is \$45 for adults and \$25 for children. Reserve your seat for trips Nov. 15 and Dec. 13.

Express shopping

Reserve a seat today for an express shopping trip to Karlovy Vary, Czech Republic, and the Dragon flea market. The cost is \$65 for adults and \$45 for children. Trips are scheduled for Oct. 31 to Nov. 1, Dec. 5-6 and Dec. 19-20.

Mini vacation

Enjoy a mini vacation on the slopes. Reserve your seat for a trip to the Swiss Alps and don't forget your skis. The cost for round-trip transportation is \$95 for adults and \$75 for children. Trips are planned for Dec. 19-21, Jan. 2-4, Jan. 30 to Feb. 1, Feb. 20-22 and March 12-14.

Christmas markets

It's almost time for the German Christmas so start planning a trip now with Outdoor Rec. Reserve your seat in advance for the following markets:

Trier Christmas market

Nov. 28
\$35 adults, \$15 children
Depart at 8 a.m.

Rothenburg Obder Tauber Christmas market

Dec. 6
\$55 adults, \$35 children
Depart at 7 a.m.

Nürnberg Christmas market

Dec. 13
\$65 adults, \$45 children
Depart at 6 a.m.

Hit the slopes

Take a break from the everyday routine with a one-day ski trip to the Black Forest. The cost for transportation is \$65 for adults and \$45 for children. Reserve your seat early because space is limited. Trips are scheduled for Dec. 27, Jan. 10, Jan. 24, Feb. 7 and March 6.

Ski your holidays

Spend your holiday weekends on the slopes of Austria. Get an all-inclusive weekend getaway for \$295. The price includes hotel accommodations with breakfast and dinner, ski pass and rental, lift pass and roundtrip transportation. Reserve your seat for one of these trips: Nov. 7-10, Veterans Day; Nov. 26-30, Thanksgiving; Jan. 16-19, Martin Luther King Day; Feb. 13-16, Presidents Day; March 11-14, Early Spring; and April 8-11, Easter.

Baumholder helps transfer authority

By Cpl. Todd Pruden
372nd Mobil Public Affairs
Detachment

A significant event marking the return to normalcy for the Iraqi people occurred Oct. 7. Authority of a site was transferred back to the people of Iraq. Coalition forces transferred authority of the former Al Thawath Nuclear Research facility to the Iraqi Ministerial Guard. The Ministerial Guard will oversee the security and integrity of the facility.

Two formations, one comprised of the Iraqi Ministerial Guard and the other of soldiers from Company B, 1st Battalion, 37th Armor Regiment, marched from opposite ends of the ceremony area toward each other and came to a stop five feet before they would have met.

Guest speaker, Dr. Rashad Omar, the Iraqi minister of science and technology, said the day was monumental. "Today marks the first change-of-command ceremony between Iraqis and the coalition," he said. "This place was a place of much concern and controversy. We will use it for new and better circumstances."

The prior regime used the Al Thawath Nuclear Research Facility

as a weapons research and development site, mainly concentrating on nuclear energy. Omar said the site will be used for science and technology research.

Lt. Col. T.C. Williams, commander, 2nd Battalion, 6th Infantry Regiment, spoke of his fondness for the Iraqi people and said that their cooperation with the coalition made the event possible. "I am proud of the spirit of cooperation between the coalition and the Ministerial Guard," he said.

The ceremony concluded with the playing of the Iraqi national anthem and a ceremonial exchange of an AK-47 assault rifle between a U.S. Soldier and a member of the Ministerial Guard.

"The Americans did well to give back this facility to the Iraqi people," said Hady Bouhy, one of the 412 guards assigned to the 23,000-acre complex. "It shows great progress."

Capt. David Zelkowitz, Company B, 1st Battalion, 35th Armor Regiment, said the change of authority is more than just another step toward normalcy for the Iraqi people.

"It offers more jobs and this will definitely be a centerpiece for this area," Zelkowitz said.



Photo by Cpl. Todd Pruden

Capt. David Zelkowitz, Company B, 1st Battalion, 35th Armor Regiment, commander, performs a ceremonial passing of an AK-47 rifle to a Ministerial Guard, symbolizing the transfer of authority, at the former Al Thawath Nuclear Research Facility in Baghdad, Iraq, Oct. 7.

Flu shots a personal investment in good health

Make an easy and personal investment in good health this season — roll up those sleeves and get your flu shot.

That's the message from Brig. Gen. Elder Granger, Tricare Europe lead agent, commander, Europe Regional Medical Command, and command surgeon U.S. Army Europe and 7th Army.

According to Granger, an adequate supply of the influenza vaccine is available this year, and is arriving in time to combat the flu season in Europe. The flu season routinely begins here in November

and runs through March with the greatest number of influenza cases usually occurring in January. The influenza vaccine will be available at local military treatment facilities for service members and other military healthcare beneficiaries. Commanders will coordinate vaccinations with supporting medical personnel and advise service members on the vaccination process. Information on general population vaccination clinics will be announced in the coming weeks through local news outlets.

Getting vaccinated against in-

fluenza is a way to stay healthy this flu season and maintain our military medical readiness according to Granger. "It is important for people to be vaccinated against the flu," Granger said. "In an average year, influenza is associated with more than 20,000 deaths nationwide in the United States. We want to see our soldiers and other beneficiaries stay healthy, and take an active role in health promotion and preventive medicine initiatives — the influenza vaccine helps do this."

This year as the influenza vaccination campaign gets underway,

US service members deployed in support of combatant requirements in Iraq, Southwest Asia, Afghanistan and Eastern Europe, along with active duty troops afloat, will be the first to roll up their sleeves with the vaccine arriving in early October. Non-deployed service members in Europe will begin getting vaccinated against influenza on Oct. 15th. Priority for the vaccine goes to military personnel directly involved with force protection, health care providers with direct patient contact, patients over 65, patients who have high-risk medical conditions such as cardiac or respiratory illnesses and immune deficiencies, and all other active duty personnel. High-risk patients should consult their local doctors about

receiving the vaccine earlier than the general population. The influenza vaccine will be provided to all medical beneficiaries free of charge.

Influenza symptoms include fever, cough, sore throat, headache, chills and muscle aches. Vaccination protection against influenza develops about two weeks after getting the shot and may last up to a year.

Additionally, the viruses in the vaccine have been killed, so people do not get influenza from the vaccine. People who have had serious allergic reaction to eggs or to a previous dose of influenza vaccine or people who have a history of Guillain-Barre Syndrome should consult with a doctor before getting the vaccine.



Smith learns problem solving

Smith Elementary School is hosting its fall Problem Solving Day Oct. 30 from 8:05 a.m. to 1 p.m. Students and parents will be engaged in learning activities to improve their skills of the understanding, plan, do and review model. All parents who have children in Smith Elementary School are encouraged to join their children for a fun-filled day.

Students and parents will participate in sessions that will teach different strategies to problem solving in all curriculum areas. For example, students in fourth and fifth

grades will be doing activities that involve "pumpkinology."

The goals of the program are to teach students to solve problems using the understand, plan, do and review process across the curriculum.

Parents will be taught strategies to help their children solve problems using the understand, plan, do and review process.

Problem Solving Day is a new concept created last year by the staff at Smith Elementary School to encourage problem solving

amongst its students. The upcoming Problem Solving Day will be the third such event.

The day's activities include:

■ 8:05-8:30 a.m., problem solving pep rally on playground, featuring our UPDR cheerleaders.

■ 8:30-11:30 a.m., problem solving in every room in the school. (grade levels rotating schedule)

■ 11:30 a.m. to 12:30 p.m., lunch and recess

■ 12:30-1 p.m., students and parents problem solving in class rooms.

Halloween brings out the child in all

Ancient European traditions on the verge of coming full circle

Compiled by Ignacio
"Iggy" Rubalcava and
Sabine Klag
222nd Base Support Battalion
Public Affairs Office

With the exception of having to pay taxes or a German oil bill, nothing gets the heart pumping a little faster and the adrenaline rushing through the body like a good scare on Halloween. Actually taxes and balloon payments on German oil and electricity bills can be considered a healthy off-season scare on their own merit.

But Halloween is just around the corner and many fright lovers are gearing up for the annual day of good old ghoulish fun.

The most popular event associated with Halloween is trick or treat, especially for the younger crowd. Children will be allowed to go forth this Halloween on Baumholder from 4-8 p.m. and gather as many sweets as they can stuff in their goody bags.

Halloween has evolved throughout the ages and has its origins in the Roman Catholic Church. The word is a corruption of the name All Hallows Eve, another name for All Saints Day, which falls Nov. 1.

The ancient Celts had a hand in Halloween as well. The Celtic year officially ended on Oct. 31 in the fifth century B.C.

They believed that the spirits of the dead came back on that day to possess bodies of the living for a year in order to obtain a better afterlife.

Not willing to be a host to a dead soul for a year, Celts would extinguish fires in their homes to make them cold and discourage any unwanted guests. They would also dress up in scary costumes to frighten away spirits looking for a free ride.

Halloween made its way to America in the 1840s when the Irish immigrants fled their country's potato famine.

Trick-or-treating evolved from the ninth-century European custom of souling, when Christians would walk through their villages begging for soul cakes (square pieces of bread). The more cakes they collected, the more prayers they promised to say on behalf of the dead relatives of the donors.

Fast forwarding to the present and to the Baumholder community, most agree that Halloween is a day

of fun for young and old alike.

For Jessica Hubbard, a Baumholder family member, Halloween means getting dressed up, having fun and handing out candy.

"I love Halloween. I like to go to Halloween parties and get dressed up. My husband and I are planning on going to the Frankenstein haunted castle this year," said Hubbard.

A newcomer on the Halloween scene, 3-year-old Tye Wilson, has a simple plan for Halloween: He's going to go trick-or-treating and eat candy.

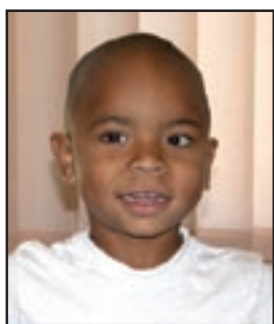


Photo by Sabine Klag
Tye Wilson

"Last time for Halloween we made a Dracula pumpkin with scary teeth," he said.

"Daddy is taking me trick-or-treating, but my brother can stay home," he said. Tye's mother qualified her son's comment by adding, "And hand out candy."

"I'm going to be Sponge Bob," said the young Wilson.

"I'm going to take my daughter trick-or-treating and then we're going to stake out our house and give out candy for about an hour," said Doris Price, another Baumholder family member. "On Oct. 25 we're going to the party that Child and Youth Services is having. It's like a Halloween festival," she said.

"It's really a good time for the kids to have fun because some of them don't have their moms or dads here, so they have to take advantage of their time to have a good time," she said.

Night tricksters

And then there are the tricksters of the night, who should definitely not be ignored.

"We were the tricksters for the older kids," said Teresa Gaines, a Baumholder family member. "When the little kids came by we'd give them candy, but the big kids who had more bass in their voice than my husband would get a trick and it was usually one of the rocks out of our rock garden — you know, like Charlie Brown. If not, we would just put our hand in the bag and thump it, like something was falling in," she said.

Turnaround is fair play though, and the Gaines family would get

their just reward. "They'd get us back by 'rolling' our house (toilet paper) or egging the cars if we didn't park them in the garage," she said.

"I celebrate Halloween by having Halloween parties or a haunted house for my costumers," said Mary Jane Spraier, Rod and Gun Club manager.

"Halloween has always been a great thing for me as a child and for me and my kids as they were growing up, with carved up pumpkins and everything," she said.

"This year I'll be working on Halloween, on Halloween parties and a haunted house for our costumers," she said.

Visitors to the Rod and Gun Club's haunted house can expect lots of ghouly, scary and bloody features that make a haunted house a hair-raising experience. "Lots of blood, coffins and bodies," said Spraier.

Spraier noted that Halloween is catching on in Germany. "The Germans are getting more and more 'Halloweenized.' They're getting to know more and more about what

Halloween is, except for trick-or-treating. The German's do not understand trick-or-treating what-so-ever," she said.

Spraier's observation definitely reflects the checkered history of Halloween. As noted, trick-or-treating has its origins in ancient Europe so one

could say Halloween is on the brink of coming full circle in Europe, or at least in Germany.

"Be careful, be safe; Halloween is always a day that you have to practice a lot of safety. For the parents, make sure they check all the candy before they give it to the kids," said Spraier.

Spraier added that the Rod and Gun Club holds its Halloween Party for children Oct. 30 from 6-9 p.m. and the adult party is Oct. 31. The adult party starts at 9 p.m. and runs through 2 a.m. The club's haunted house for children runs Oct. 28-31, starting at 5 p.m. every night.

"We decorate and go trick-or-treating," said Doug Mehler, an employee at the Rod and Gun Club. "I'm big on Halloween. I like costumes mostly and I like getting into



Photo by "Iggy" Rubalcava
Doug Mehler

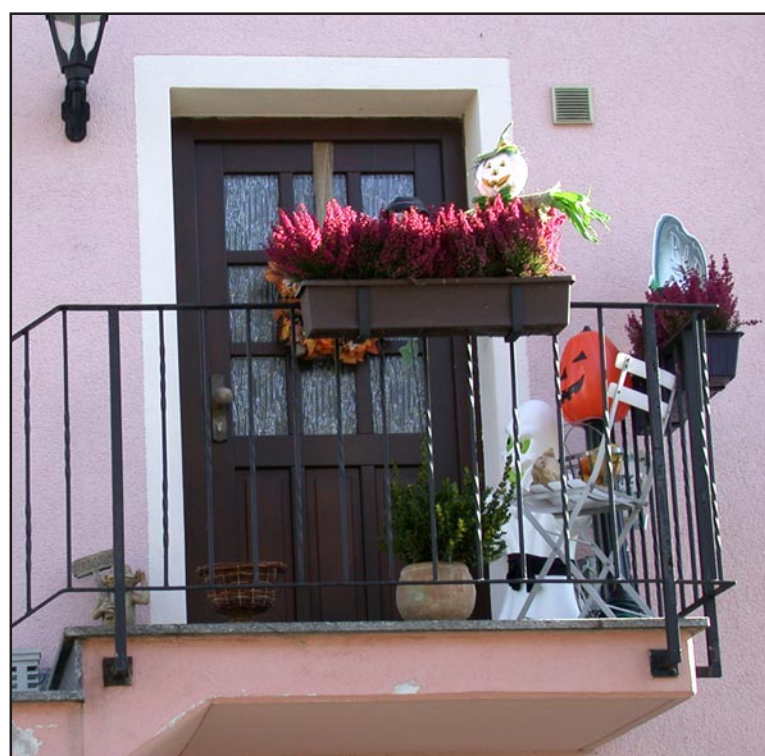


Photo by Ignacio "Iggy" Rubalcava

More and more German communities and citizens are getting into the Halloween spirit and decorating their homes accordingly.

the spirit. I also like Halloween contests. Last year I took second place in the 222nd Base Support Battalion Halloween contest," he said.

"But mostly it means taking the kids out trick-or-treating and having a good time. I have a 12-year-old. He loves Halloween, he loves the candy, he loves going out and celebrating it.

"This year we're going to decorate as much as we can because it's hard to get all the stuff you need around here," he said.

"The German's are catching up though. They're starting to pick up Halloween. A few years ago you wouldn't think they knew what Halloween was. But now you see a lot more German stores that have more stuff for Halloween," he said.

As with most parents, safety for his children is paramount. "Go out, have a good time and be safe," he said. "I wish a lot more people would get into Halloween, at least for

the kids. They really have a good time. My son's German friends love to participate, mostly for the candy, but they like to dress up too. Their version of Halloween is Fasching. But they don't really go out trick-or-treating. They have parades

where they throw candy out to the children," he said.

"It's just a fun holiday. It doesn't have any connotation of any kind to me. It's not witches and goblins and devil worship and all that," said Dorothy Amy, a family member and employee at the Consolidated Mail Room.

Ravioli

Elizabeth Mapef, another employee at the CMR, has a unique

tradition for Halloween. "We have ravioli on Halloween so I don't have to cook," she said. It's also a night of letting the kids go out and have fun," she said. Her husband is currently deployed so she added, "I wish he was here to celebrate it with us."

"We celebrate it by dressing up," said Rita Davis, an employee at the CMR. "My kids are 21 and 19 so they've done all the different costumes," she said. "But because we're Hispanic, for us it's also 'el dia de los muertos,' the day of the dead, where you celebrate people that have passed away. It's a big celebration in Mexico and other Latin countries," she said.

Davis also believes you're never too old to go trick-or-treating. "As the years have gone by I want to do it more. I like getting dressed and going out and getting candy. I don't think you're ever too old to get a treat. So yeah, I love Halloween."



Photo by "Iggy" Rubalcava
Elizabeth Mapef



Photo by Sabine Klag
Teresa Gaines

New zip codes speed delivery downrange

The U.S. Military Postal Service has assigned new geographic zip codes for units and personnel serving within Iraq. The intent of the new zip codes is to decrease the time it takes for service members and civilian personnel to receive their mail as well as to improve postal service throughout Iraq.

Family members and friends of service members and civilian personnel assigned to V Corps and 3rd Corps Support Command units that currently use zip code 09302 and 09372 for their letters and packages are now required to use a new zip code that reflects the unit and individual's actual geographic location within Iraq. The new geographic zip codes are as follows:

- Al Asad, 09333
- Babylon (MND CS), 09332
- Balad (LSA Anaconda), 09391
- BIAP, 09335
- Mosul (LSA Diamondback),

09334

- Tallil (LSA Adder), 09331
- Tikrit (FLB Sycamore), 09393
- Umm Qasr (Camp Bucca),

09375

- Rasheed, 09390
- Victory Base, 09342
- Camp Dogwood, 09344

Mail with the zip code of 09302 and 09372 will continue to be delivered to the intended recipient even after the change is in effect; however, there may be a slight delay in delivery.

For service members assigned to the below listed units, the zip code numbers will not change and they remain as follows:

- 101st AA Division, 09325
- 1st Armored Division, 09324
- 4th Infantry Division, 09323
- 3rd ACR, 09320
- 2nd LCR, 09322
- 82 Airborne Division, 09394,
- 09384, 09368
- 173rd Airborne BDE, 09347

Help is at hand to beat the customs watchdogs

Help is at hand for U.S. personnel facing international mail regulations during the holiday mail rush.

Mailing packages stateside from abroad involves many prohibitions, restrictions and import duty rules. Avoid the pitfalls by getting the "International Mail Imports" pamphlet from a military Customs Office.

"Many people do not know that Customs and Border Protection may fine you at least \$100 if you mail meat or any meat products to the States," said Michael Burkert, director of the U.S. European Command Customs and Border Protection Agency. Banned products include canned meats, pate, salami, sausage and soup mixes containing meat. It is also illegal to mail handguns, alcoholic beverages and a whole list of other items to the United States. Other articles not on

the banned list may need special import permits.

A customs declaration must be fixed to every parcel going to the States, and falsifying it is a federal crime. "People must also realize that foreign-made goods sent to the United States are subject to the payment of duty," Burkert cautioned. "Even if you mail foreign items to yourself or buy them in a military exchange, the recipient may still have to pay duty and the customs user fee."

U.S. residents may receive up to \$100 worth of foreign-made goods per day, but have to pay duty on the total value of gifts over that amount.

Avoid problems and pick up the "International Mail Imports" pamphlet at any military Customs Office or view it on the Internet at www.customs.gov/xp/cgov/travel.

Bad reception, blame the sun

American Forces Network customers may experience brief programming interruptions through October as the autumn "sun outage" period occurs. These seasonal outages, which take place each spring and fall, affect all satellite communications, including AFN radio and television services distributed by the American Forces Radio and Television Service.

These programming interruptions are characterized by a com-

plete loss of signal lasting anywhere from several seconds up to 10-20 minutes. They occur when the sun's position aligns with broadcast satellites and Earth station receivers. The sun's radiation overpowers the broadcast signal causing this disruption of service.

The AFRTS satellite signals distributed to regional and local AFN affiliates may experience significant outages due to their reliance on the single AFRTS satellite feed.



Photo by Sabine Klag

Care packages for Baghdad

Tina Olsen (left) prepares empty boxes while Sabine Pees (middle) and Cathy Hurley fill them with food and other things to send to the American soldiers in Iraq. So far Pro Baumholder, an organization of local merchants, has donated about 600 packages which were sponsored by communities or private individuals. In this latest effort, 30 packages were sponsored by Sabine Pees, owner of the Quelle shop in Baumholder. Altogether the Family Readiness Group prepared 60 cartons.